

**Fit check in the “Kazbek” couch. Drying of spacesuit.**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:55	.	Prep for work
07:55-08:10	.	Daily planning conference ( <i>S-band</i> )
08:10-08:50	FE-2	Maintenance of COЖ
08:10-08:20	FE-1	Equipment set up for audiogram recording using MEC
08:10-08:30	CDR	<b>On MCC Go</b> ISS Repress with O2 from Progress CППК
08:20-08:40	FE-1	Audiogram recording using EARQ software
08:40-09:00	CDR	Audiogram recording using EARQ software
08:45-08:55	FE-1	ICE – deactivation of payload onboard processor
09:00-09:40	.	Fit check in the “Kazbek” couch
09:40-09:50	CDR,FE-2	Drying of spacesuit (start)
09:40-09:50	FE-1	Daily payload status check
09:50-10:50	CDR,FE-2	HDTV. Video recording for crew medical exam. Sessions 1 & 2..
09:50-11:20	FE-1	Physical exercise (RED)
10:50-11:50	FE-2	Physical exercise (VELO + Load Trainer 1, day 3)
10:50-11:50	CDR	Physical exercise (TVIS, day 3)
11:20-11:45	FE-1	ULD (Ultrasound Leak Detector) Training
11:45-11:55	FE-1	PAO event equipment prep/installation
11:50-12:20	CDR	Physical exercise (active rest)
11:55-12:05	FE-1	PAO event prep
12:05-12:30	FE-1	Mt. Ayr Record News Radio station interview
12:20-12:25	CDR,FE-2	Drying of spacesuit (end)
12:25-12:35	FE-2	Drying of spacesuit 3 (start)
12:40-13:40	.	Lunch
13:40-15:35	CDR,FE-1	TVIS Inspection
13:40-15:00	FE-2	Noise level measurements using Sound Level Meter
15:00-15:05	FE-2	Drying of spacesuit 3 (end)
15:05-15:25	FE-2	Sound Level Meter measurements transfer to MEC
15:25-15:45	FE-2	Audiogram recording using EARQ software
15:35-16:35	CDR,FE-1	DOUG software review
15:45-16:00	FE-2	Audiogram recording using EARQ software equipment stowage
16:00-17:00	FE-2	Physical exercise (TVIS, day 3)
16:35-17:05	FE-1	IMS file prep
16:35-16:50	CDR	Private medical conference ( <i>S-band</i> )
17:00-17:05	FE-2	TVIS weekly maintenance
17:05-17:35	FE-2	Physical exercise (active rest)

17:05-17:20	FE-1	Private medical conference ( <i>S-band</i> )
17:05-17:10	CDR	Inspection of БРПК-1 separator
17:10-17:15	CDR	Inspection of air conditioner (CKB) fans
17:15-18:15	CDR	Physical exercise (VELO + Load Trainer 1, day 3)
17:20-18:20	FE-1	Physical exercise (CEVIS)
17:35-17:45	FE-2	Daily food prep
17:45-18:00	FE-2	Private medical conference ( <i>S-band</i> )
18:00-18:15	FE-2	Daily food prep
18:15-18:45	CDR,FE-2	Daily plan review
18:20-18:45	FE-1	Daily plan review
18:45-19:00	.	Daily planning conference (evening)
19:00-19:30	.	Prep for work
19:30-20:00		Dinner
20:00-20:50	FE-2	Pre-sleep
20:00-20:30	KЭ,FE-1	Daily food prep
20:30-21:30	KЭ,FE-1	Pre-sleep
20:50-21:30	FE-2	Prepare for MO-21. Charging the “Ekosphaera” power supply and connecting “Kriogem”
21:30-06:00	.	Sleep

**Note:** See OSTP for references to US activities.

End of radiogram